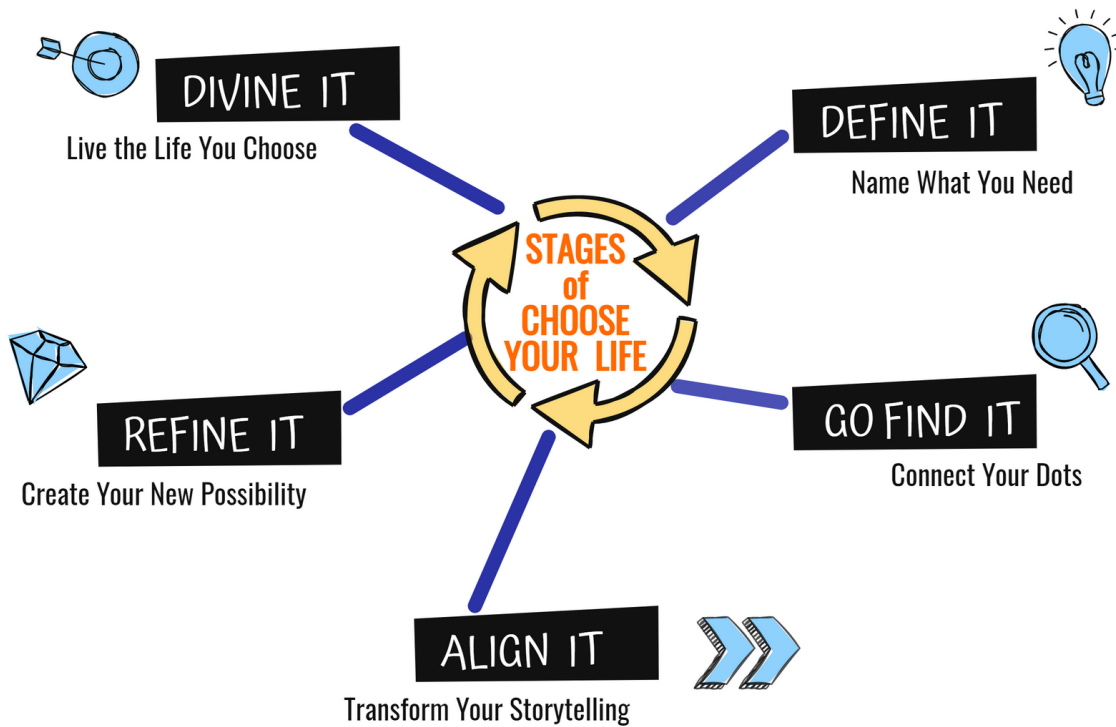


## **Stages of The *Choose Your Life* Method**

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Name What You Need	DEFINE IT
Connect Your Dots	GO FIND IT
Transform Your Storytelling	ALIGN IT
Create Your New Possibility	REFINE IT
Live the Life You Choose	DIVINE IT



The easy-to-remember shorthand names...

### **1 - DEFINE IT - Name What You Need**

At this Stage you get clear about...

- What you want and what you need NOW
- *What is in the way of what you want and need and want*

### **2 - GO FIND IT - Connect Your Dots**

At this Stage you look very specifically for *memories* that support what is in the way of what you want and need now.

### **3 - ALIGN IT - Transform Your Storytelling**

At this Stage you organize the memories you have gathered into chronological order.

### **4 - REFINE IT - Create Your New Possibility**

At this Stage you RE-Story the portions of the memories that need an update so that they are "a match" for the life you choose to live.

### **5 - DIVINE IT - Live the Life You Choose**

At this Stage you reinforce the changes you've made so that the new way of thinking and feeling happens all on its own.